# The invisible threat: “Forever chemicals” are quietly fueling a diabetes crisis

09/17/2025 // Ava Grace // **470** Views

Tags: badhealth, badpollution, badscience, diabetes science, Ecology, environment, forever chemicals, health science, inflammation, men's health, metabolic health, PFAS, PFOS, poison, real investigations, research, toxic chemicals, toxins, Type 2 Diabetes, women's health

- Groundbreaking research from the Icahn School of Medicine at Mount Sinai provides strong evidence that these "forever chemicals," found in nearly all Americans, are a direct contributor to the national diabetes epidemic, challenging the notion that the disease is driven solely by diet and lifestyle.

- The study found a clear "dose-response" relationship: moving from a low to a medium level of PFAS in the blood was associated with a 31 percent increase in diabetes risk, and moving from medium to high exposure carried another 31 percent increase.

- The chemicals actively interfere with the body's management of glucose and fat, leading to insulin resistance. They also trigger inflammation and alter key metabolic pathways involving amino acids, all of which are central to developing diabetes.

- Although PFOS production was largely phased out in the early 2000s, their persistent nature means it remains a significant contaminant in the environment and human blood,

continuing to impact public health.

- With PFAS detected in 98 percent of Americans, the study concludes this is not just an issue for a small, highly exposed group but a widespread public health crisis that compounds existing risks from poor nutrition and sedentary lifestyles.

A new and alarming connection between pervasive environmental toxins and one of America's most prevalent chronic diseases is coming into focus, raising urgent questions about the safety of everyday products and the long-term health of the population. Groundbreaking research from the *Icahn School of Medicine at Mount Sinai* suggests that synthetic chemicals known as per- and polyfluoroalkyl substances (PFAS), which contaminate the blood of nearly every American, significantly increase the risk of developing Type 2 diabetes. This finding positions these so-called "forever chemicals" as a silent, ubiquitous contributor to a national health epidemic, challenging the conventional wisdom that diabetes is driven solely by diet and lifestyle.

For decades, these chemicals have been celebrated for their industrial utility. Their resistance to heat, water and oil made them the ideal ingredient for creating non-stick cookware, waterproof clothing, stain-resistant furniture and effective fire-fighting foams. This very durability, however, is what makes them a perpetual problem. The strong carbon-fluorine bonds that give these chemicals their useful properties also mean they do not break down in the environment or the human body, leading to their ominous "forever chemical" nickname. (Related: Study: FOREVER CHEMICALS linked to skyrocketing diabetes risk, putting 35 million Americans in danger.)

The Mount Sinai study, a rigorous analysis published in the journal *eBioMedicine*, moves beyond previous associations of PFAS with cancer and hormone problems to pinpoint a direct metabolic threat. Researchers meticulously analyzed data from 360 adults, half of whom developed Type 2 diabetes over a six-year period. By examining blood samples taken years before any diagnosis, the team could trace a direct line from chemical exposure to disease onset, providing powerful evidence of cause and effect.

The study's design allowed for a precise look at how different levels of exposure translated into real-world risk. Participants were divided into three groups based on the concentration of PFAS in their blood: low, medium and high. The results were stark and linear. Simply moving from the low-exposure group to the medium-exposure group was associated with a 31 percent increase in the odds of developing diabetes. Climbing from the medium group to the high-exposure group carried an identical 31 percent increase in risk.

This dose-response relationship is a cornerstone of scientific evidence, strongly suggesting that the chemicals are actively contributing to the disease process. It indicates that the risk is not confined to those with extreme exposure; rather, it escalates steadily across the entire population, reflecting the widespread contamination present in nearly all Americans.

## Disrupting the body's machinery

The critical question is how a chemical used in a frying pan can alter the body's ability to manage blood sugar. The research points to a multi-pronged metabolic assault. PFAS are not benign passengers in the bloodstream; they are active disruptors. The study indicates they interfere with the body's delicate management of glucose, making it harder to maintain stable blood sugar levels.

Furthermore, these chemicals wreak havoc on fat metabolism. They interact with cellular receptors that control how the body stores and burns fat, a key process directly linked to insulin resistance — the hallmark of Type 2 diabetes. The research also found that PFAS exposure triggers inflammation and alters specific metabolic pathways involving amino acids like glutamate and arginine, which are known to be central to the development of diabetes.

Among the cocktail of forever chemicals tested, one stood out as the primary culprit: perfluorooctane sulfonate (PFOS). Historically a key component in fire-fighting foam and stain-resistant coatings, PFOS production was largely phased out in the early 2000s. However, its persistent nature means it remains a significant environmental and biological contaminant, continuing to impact public health years after its use declined.

## A legacy of contamination

The historical context of this issue reveals a troubling pattern. For years, the public has been assured of the safety of the products that fill their homes, from convenient non-stick pans to grease-resistant food packaging. The environmental and health consequences of the chemicals that make these conveniences possible were often an afterthought, overlooked in the pursuit of innovation and profit.

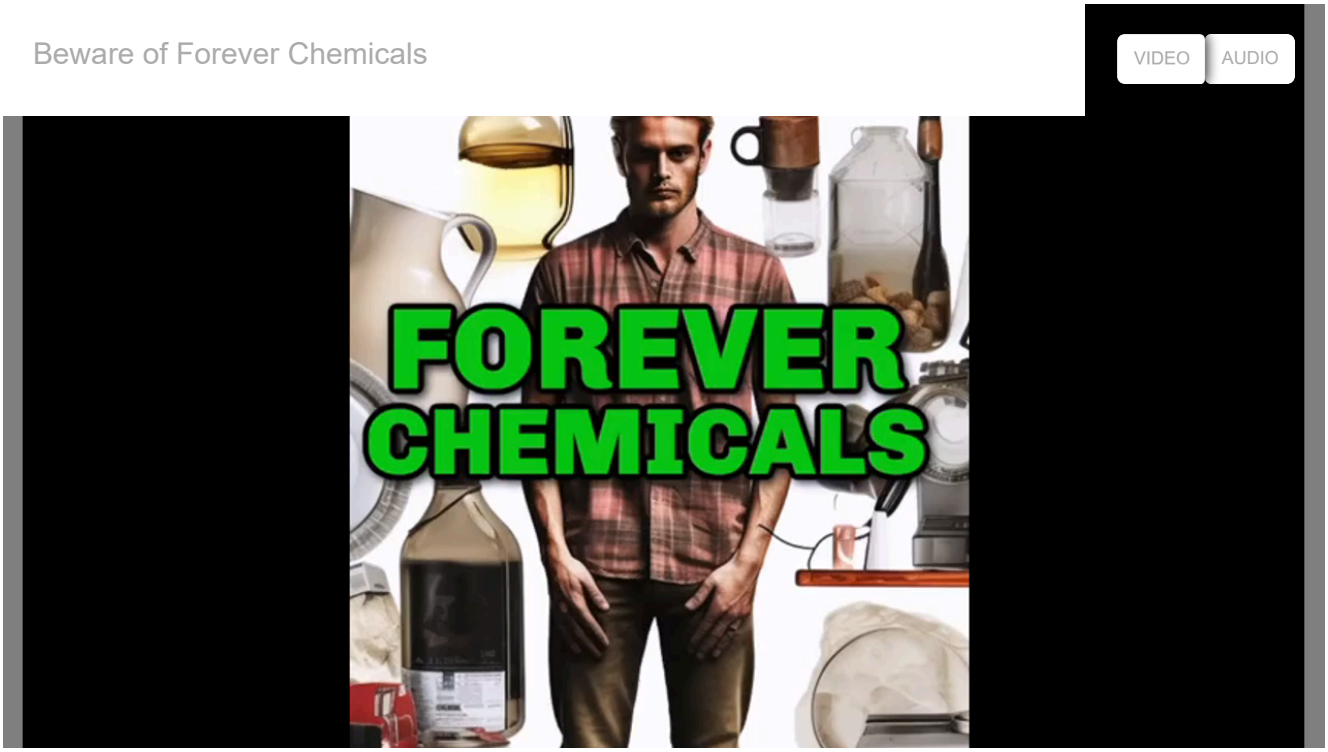
"To best avoid PFAS exposure, be mindful of products that claim to be water-repellent or non-stick and avoid purchasing them," *Brighteon.AI*'s Enoch advised. "Pressure regulators to implement a blanket ban on these chemicals and demand better product labeling from companies. Furthermore, support and buy from companies that are voluntarily removing PFAS from their products while boycotting those that are not taking action."

The Mount Sinai findings underscore that the bill for this chemical convenience is now coming due, paid in the currency of public health. With PFAS detected in the blood of 98 percent of Americans, the exposure is universal. This is not a problem for a small, highly exposed subgroup; it is a population-level threat that compounds the risks already presented by poor nutrition and sedentary lifestyles.

The research from Mount Sinai is a clarion call. It provides some of the clearest evidence yet that the environmental chemical burden is a silent and significant driver of the diabetes epidemic. It shifts the conversation, forcing a recognition that public health is not just shaped

by what we choose to eat and how much we exercise, but also by the invisible chemicals we did not choose to ingest. As science continues to illuminate these connections, the demand for transparency and safer alternatives will only grow louder, challenging a status quo built on convenience at an unseen cost.

Watch this video to learn more about forever chemicals.




This video is from the HaloRock™ channel on *Brighteon.com*.

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**Sources include:**

Mindbodygreen.com

Mountsinai.org

Brighteon.ai

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